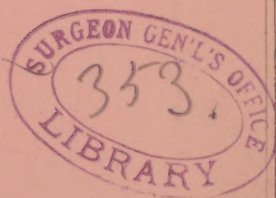


MEDICAL (TO THE) PROFESSION
XXXXXXXXXXXX MASSAGE

TO THE
MEDICAL PROFESSION
AND
Others Interested
IN THE SUBJECT
OF
- MASSAGE. -



TO THE MEDICAL PROFESSION ✓

AND

OTHERS INTERESTED

IN THE SUBJECT OF

MASSAGE.

We invite your attention to the following sketch taken from the April number of "THE ÉLITE JOURNAL," published by THE ÉLITE PUBLISHING Co., Pullman Building, Chicago, Ill.

"Our correspondent in New York City sends us the following interesting account of the *modus operandi* of the New York School of Training for Massage, 721 Sixth Avenue, which will be of interest to many of our readers, especially those who have sent letters of inquiry to our office, and wish to know where reliable Massage help may be obtained, or the science correctly taught. Our correspondent was directed to this particular institution by several medical friends in New York City, who regard it with particular favor, being the only institution of the kind ever established in this country, and one which, according to the testimony of a voluminous quantity of eminent references and written testimonials which were shown to us on entering and detailing the objects of our visit, is conducted on strictly scientific and honorable principles."

THE NEW YORK SCHOOL OF TRAINING FOR MASSAGE, 721 SIXTH AVENUE,

was first established by the present proprietor, Mr. E. T. Osbaldistone, in the year 1862; in New York City in the latter part of 1879. He is the elder of several brothers, who,



with their wives and children, form part of a large family of Masseurs and Masseuses, including sister and brother-in-law and their children. Judging from the fine, healthy, strong and elastic form of the proprietor and others of this remarkable family I saw, they are splendid samples of what this now popular aid to *materia medica* and surgery can do for the development of manly vigor and muscle.

THE STAFF OF THE SCHOOL

consists of Mr. E. T. Osbaldistone as Instructor, Mrs. Alice Agnes, his wife, as Matron, and Miss Anne Mabel, his daughter, as Secretary. They are assisted by skilled helpers of either sex, who are available as Masseurs or Masseuses and nurses at any hour of the day and night. These latter are selected from a class of trained nurses, who also combine the work of massaeing the human body.

IN CONSEQUENCE OF THE GREAT DEMAND

for this kind of treatment, and the fair rate of fee paid for the service, so-called "medical" rubbers, cuppers, leechers, bath attendants, ex-nurses, trainers, ex-pugilists, spiritualists, "clairvoyants," and "animal magnetizers" have fallen into the habit of using the term "Massage" on their business cards and in their advertisements. That many of these persons are frauds is made evident by the extravagance of their claims, which would exclude every other method of treating the human body but their own imitative system. Some are so grossly ignorant and physically incapable of performing this fatiguing kind of work, that few, if anyone, to whom they apply for patronage, are ever deceived by them. Still some manage to elude intelligent investigation, and support their claims to distinction by a wholesale condemnation of the regular qualified professors of the art.

WITH THE HOPE OF COUNTERACTING

the ill results of such charlatanism, which is calculated to mislead the medical faculty and their patients as to the therapeutical advantages of Massage when correctly applied

by an experienced operator, and with the object of supplying the long-felt want on the part of the medical profession of a thoroughly trustworthy and intelligent and healthy class of male and female Massage workers, and prompted by suggestions from several eminent doctors,

THE NEW YORK SCHOOL OF MASSAGE WAS ESTABLISHED.

THE COURSE OF INSTRUCTION IMPARTED:

1. Consists of a general knowledge of the construction and functions of the human body, aided by the use of illuminated anatomical charts, and short, impressive lectures.

2. PROGRESSIVE demonstrative lessons in the mechanical art of Massage, as pursued by different nations, special importance being attached to the soothing and toning Lomi-lomi of the Sandwich Islands.

3. EXERCISES in Ling's System of Swedish Movements, otherwise known as "medical gymnastics," taught minus its usual appendage—the term "cure,"—which is calculated to mislead the uninitiated as to their medical advantages, and cause people to expect more from them than they can reasonably accomplish, the method being in every respect a Rational System of Home Gymnastics, performed by the patients themselves, or by the aid of an expert.

4. EXERCISES in Tapotement, of the French, and the system of muscle beating originated by Professor Klemm, of Riga, on the borders of Russia and Germany.

5. EXERCISES in the use of the common electric battery.

6. EXERCISES in the art of giving bed-ridden or other invalids portable dry hot air, steam, sulphur, calomel, herbal, turpentine, saline, or Aux-la-Chapelles baths at their own homes.

7. CLINICAL DEMONSTRATIONS and short lectures on the therapeutical application of these things.

RULES

are given for the guidance of the pupils, the first of which is that they are not at any time to assume any position relative

to the patient other than that for which they have been especially trained and are employed to perform, and guard against any meddlesome and mischievous inclination to talk upon medical matters, presuming to give advice, pass opinions, or prescribe even the simplest remedy without the physician's knowledge and approval.

A CERTIFICATE OF MERIT

is granted to successful graduates, signed by at least two regular medical practitioners and the instructor.

THE AVERAGE TIME OCCUPIED TO LEARN

the mechanical operations of Massage is two months, though many persons take a much longer period ; and months or years of practical experience must elapse before the operator becomes thoroughly competent to judge of the time, kind, and degree of the work and part best to operate upon, with a possibility of producing the best result ;—in other words, to use Massage as a science.

Invariably the best results are obtained from local treatment ; but no Massage operator (not a physician or surgeon) should ever presume to prescribe Massage* or administer it to an invalid unless it has been previously prescribed by the attending physician, as there are quite a large number of cases where Massage would do serious injury and even cause the death of the patient from exhaustion, inflammation, etc., etc.

A ONE OR TWO HOURS' LESSON

is given five days in the week, the number of lessons being unlimited, and after the pupils have received their certificates they are expected to call at the School occasionally to refresh their memories, and ascertain if there are any new points to learn.

* We except old experienced professors of the science who have had years of practice to back their knowledge, and who are often consulted by the patient's physician as to the best method, or kind and degree of Massage to apply to the patient. In many instances the physician abandons the patient for a time to the discretion of the Masseur, carefully noting the results, and staying or prolonging the treatment accordingly.

APPLICANTS FOR ADMISSION

to the School are required to furnish satisfactory references from persons who have known them at least twelve months previously. They must possess a sound and healthy constitution, not large and fat, or ungainly of form, or too tall or lean, but of medium size, light, graceful and elastic, with strong powers of endurance, and a cheerful disposition.

A SPECIAL FEATURE

of the School is the advantage it gives to persons desirous of acquiring a knowledge of Massage for the benefit of themselves or their friends or members of their family. And for ladies and gentlemen to have their maids and valets taught some needed part or the whole of the art of Massage. Quite a large number of persons are thus taught, including the private nurses of physicians.

ON ENTERING THE SCHOOL

each pupil is supplied with a note book and pencil, on the first page of which they find a copy of their future business circular which has received the sanction of the medical faculty ; and following are a number of rules laid down for their safe guidance as pupils and afterwards as operators. In these books the pupil is expected to make intelligent notes on each lesson, and leave it with the Instructors at the close of the week for examination, when needed corrections are made.

THE BUSINESS BOOKS

of the School show that since its first establishment in the latter part of 1879, two hundred and ten pupils have been admitted for instruction, coming from all parts of the country, even from Lima, South America, and from England, Ireland, France and Germany, and one this year from Russia. Another book shows that nearly twice the number admitted have been declined for some special reason.

AN ADMIRABLE SYSTEM

of the School is that of keeping a Visitor's Register in which the names of pupils and persons coming for treatment are registered, with date and residence. No person can take treatment or receive instruction who objects to observe this rule. On its pages appear the names of some very illustrious personages. Amongst others, Ex-Governors E. D. Morgan and J. T. Hoffman, Ex-Vice-President Wheeler, Trenor W. Park, Royal Phelps, John Kelly, Generals Grant, Phil Sheridan, R. C. Schenck, S. K. Schwenk, Judges Barrett, Noah Davis, General Diaz, President of Mexico, The Earl of Onslow, Oscar Wilde, Secretary D. Manning, of the Treasury, and W. C. Whitney, Secretary of the Navy, and dozens of other eminent personages, including ladies, bankers, Wall Street brokers, priests, merchants and clerical and medical doctors. Amongst the latter we notice the names of some forty or fifty of the most eminent men of this profession in Washington, Philadelphia and New York Cities.

DURING OUR VISIT

to the School we had the honor of witnessing the pleasing sight of a whole class of pupils and three of the examining doctors present the Worthy Instructor with a very handsome illuminated testimonial, which we were given the privilege of copying.

New York City, U. S. A. }
April 1st, 1887. }

To All Concerned :

This is to show, that we, the subscribers to this document, having been students at the New York School of Training for Massage and Rational Home Gymnastics, desire to express our gratitude and thanks to the Instructor, Mr. E. T. Osbaldistone, for his conscientious and untiring efforts to secure our future success.

The Mechanical, Therapeutical and Clinical courses, through which we have been carefully conducted, warrant in believing that our worthy Instructor stands pre-eminently the most superior teacher and practitioner of the art in this country, and one who has been successful in reducing the work to a science.

We likewise desire to express our thanks and approval of the kindly and skillful manner in which Miss Anne Mabel Tr. Osbaldistone has acted as Assistant Instructor to her father.

We heartily hope she may meet with a brilliant future of success in her honorable and benevolent calling.

This is signed by twelve pupils forming the February and March class, and endorsed by the examining doctor, thus :

I can heartily endorse the pupils' sentiments as expressed by them in this testimonial to their Worthy Instructor, having given considerable attention to the subject of Massage; and discovering much sham and fraud amongst its so-called professors, it is refreshing to find an honest and thoroughly skilled Masseur like Mr. E. T. Osbaldistone, whose talent as a teacher and practitioner in the art of Massage makes him a valuable aid to the members of our profession.

Signed, ROBERT P. GIBSON, A.M., M.D.,
49 West 93d Street.

Quite a large quantity of such testimonials emanating from pupils, patients, physicians and others, bear testimony to the value of this School, and the skill of its staff of operators.

TO OUR ENQUIRIES

what the word Massage meant, and what is included under that term, the Instructor courteously referred us to one of his business cards, on the back of which we found the following answer to the first part of our question :

"The term Massage is taken from the French; it has its "origin in the Greek word μάσσω, I knead, or pound."

"Practically it is a system of passive manipulative exercise "applied without exertion, nervous exhaustion, or fatigue on "the part of the patient. It is adapted to the strong man, to "the feeble, invalid woman, and to the delicate child. It "brings into action, feebly or vigorously as may be desired, "the entire muscular system and all the tissues connected "with it, as well as the deep-seated vital organs, the liver, "stomach, spleen, kidneys, bowels, etc. It promotes the "

"healthful circulation of the blood throughout the whole " "system, and tends to relieve congestion by drawing the " "blood to other and distant parts. Its continued use builds " "up and strengthens the muscles, and promotes the healthful " "action of weak and torpid organs. It improves digestion, " "assimilation, and nutrition. It enlarges the chest, increases " "the breathing power, and strengthens and develops the " "lungs. It soothes, quiets, and regulates disordered nervous " "action, and establishes harmony between the nervous sys- " "tem and various organs of the body."

"*It tends to preserve health*, by giving needed exercise to " "those who are unable or unwilling to take sufficient active " "exercise."

"*Brain-workers* and persons of sedentary lives, such as phy- " "sicians, clergymen, lawyers, teachers, merchants, bankers, " "brokers, and other professional and business men, often " "exhaust their nervous forces to such an extent, that they " "cannot take active exercise without still greater nervous " "exhaustion. To them, Massage is invaluable."

"*Its beneficial effects* are most remarkable in cases of " "paralysis, local or general weakness, torpor or debility of " "special organs, dyspepsia, constipation, weakness peculiar " "to women, lateral curvature of the spine, and other de- " "formities."

"*For ladies in delicate health* Massage and Swedish Move- " "ments are, as auxiliary agents to other hygienic treatment, " "among the most effective means at the physician's com- " "mand. They expand the chest, throwing the anterior " "thoracic walls upward and outward, elevating the dia- " "phragm, and so permitting the contents of the abdomen to " "resume their normal position. At the same time, they " "strengthen the abdominal muscles, enabling them to sustain " "the stomach, bowels, etc., in place. The uterus then being " "relieved from pressure above, gradually assumes its natural " "position as the parts regain tone and strength."

"*Weakly children*, with narrow chests, flabby muscles, feeble " "vitality, or physically deformed, are rapidly and permanently " "improved."

“MASSAGE AS A LUXURY.”

“Apart from its beneficial effects, Massage is by many”
 “persons greatly enjoyed as a luxury. The soothing,”
 “pleasurable sensations experienced during its administra-”
 “tion; and the feeling of entire rest, the healthful glow, the”
 “suppleness of limb, and the keen appetite which follow it,”
 “often induce persons to take the treatment, even though”
 “there is no indication in their health of special need for it.”
 “To these, it is doubtless a means of preserving as long as”
 “possible unimpaired the health which they already enjoy.”
 “*Obesity is very effectually conquered* by the use of Massage”
 “and the Rational Home Gymnastics, the reduction being at”
 “the rate of two inches per week in circumference of”
 “abdomen, without interference with the ordinary diets or”
 “general habits of the person.”

IN REPLY TO THE SECOND QUESTION,

as to what is included under the term Massage, the Instructor informed us that the word includes everything forming the full course of instruction with the exception of the parts having reference to baths, and the use of the electric battery.

At the same time we were also favored with the following definition of

PROFESSIONAL TERMS:

MASSEUR.—A male Massage operator.

MASSEUSE.—A female Massage operator.

MASSAGING.—The act of performing the operation of Massage.

MASSAED.—Past tense.

TAPOTEMENT.—From the French, being a process of slapping with the palms of the hands slightly hollowed, so as to crush the air between the hands of the operator and the skin of the patient. It produces a powerful capillary action.

MUSCLE BEATING.—A term used to indicate a peculiar exercise with hollow elastic tubes attached to a handle, or by means of soft elastic balls at the ends of sticks, or by the human hands held closed and partially tight, or by the fingers held open and loose.

LOMI-LOMI.—A particular soothing and toning method of Massage pursued by the natives of the Sandwich Islands, and similar in many respects to the methods of the Hindoos, Chinese, Japanese, and natives of New Zealand. When performing the Lomi-Lomi, the soft, cushiony parts of the hands, and even the arms, are used, and considerable skill and care are needed to acquire the necessary amount of elasticity in the hands and wrists of the operator.

SWEDISH MOVEMENTS.—A system of rational home gymnastics originated by Peter Henry Ling, of Sweden, in the year 1813, being passive, resistive or active. In the first case the operator works alone upon the passive form. In the second the operator and patient work together. In the latter the patient is instructed to work alone.

These are the ordinary comprehensible terms used in Massage practice. But in this age of novelty attempts have recently been made to introduce some new-fangled terms, as for instance, *Effleurage*, *Petrissage*, etc., etc., which, however, indicate nothing differing in practice from the terms already quoted.

ARE WOMEN SUCCESSFUL AS MASSAGE OPERATORS ?

“ Women have not the same physical force and energy as men. They are useful for light, soothing work. But for developing and toning and strengthening the muscles of the body, or reducing corpulency, they are quite incapable of the exhausting, hard work needed, and there are certain periods when it is positively dangerous for them to handle the delicate or sick human body. As to whether they should be employed to massage persons of the opposite sex is an open question. There are many eminent physicians who maintain that their contact with male invalids, either as nurses or rubbers, has a baneful effect upon the patients. Still they are largely employed, and we have some very skillful and talented operators amongst our lady pupils.”

TO THE ENQUIRY

as to whether teaching so many persons the science of Massage was not likely to overstock the market and lower the value of such labor, the Instructor replied: "After close on eight years' experience in this city alone, and having turned out over 200 well-trained pupils, we have come to the conclusion that the more there are in the field the more the system becomes known and its merits appreciated; consequently the demand is greater and still increasing. A few of the other regular Masseurs have offered strong objections to our teaching the science, and have resorted to many mean things to try to injure our work and retard our progress, even going to the extent of sending anonymous, insulting and threatening letters. These persons do not reflect that few out of the many trained by us ever succeed in conducting their work beyond the degree of a mechanical art. Few, indeed, ever become skilled or talented enough to use Massage as a science. This may arise in many instances from an imperfect ordinary education, or from the habit of years spent late into maturity in hard, manual toil, or from the mistaken idea that tea, coffee, and spirituous and drug stimulants are essential to strength and endurance. We lay down a few simple rules for the guidance of our pupils, which, if they observe, will result in the preservation of their health and insure success in their calling, providing no physical accidents befall them."

REGARDING VISITORS.

Our School is open to their inspection at any time, and a special invitation

TO MEMBERS OF THE MEDICAL PROFESSION

to witness our mode of imparting instruction, and experience our system of Massage, is a standing one. It is a duty the medical faculty owe to themselves and their patients, and many have availed themselves of the invitation, and some left pleasing written records when they left.

Thus terminated my interview with this remarkable man, and a visit to one of the most important institutions of a new

industry ever introduced into our country, so far as suffering humanity is concerned. I left with a feeling of gratitude toward my medical friend who had recommended the visit, and conscious that I had acquired some useful and important knowledge upon a subject with which I was but partially acquainted before. I found the Instructor and his brother and other members of his family very affable and courteous, and willing to explain all and enlighten me in the mysteries of their craft. During my two hours' stay I frequently saw the Instructor's children playfully dodging in and out, and one little dot of three years was engaged massaeing her doll. "That is how we were trained," observed the Instructor. E. J. A.

The New York School of Massage, 721 Sixth Avenue, sends out skilled male and female Massage operators and nurses to any part of the city or throughout the country, without any office charges to either party (the employer or employee). If necessary, *portable* electric, vapor, dry hot air, herbal, sulphur, turpentine, bran, tan and pine, saline, and Aux-la-Chapelle baths are sent with them. Massage benches of an improved kind, acting as table or lounge, are sent out on hire by the week or month or year. Price of the latter, if purchased, from \$9 to \$45.

References of the highest order sent on application. A volume of testimonials open for inspection at all times.

NOTICE.

Whereas, it has come to our knowledge that certain persons have falsely represented themselves as graduate pupils of our School, we desire to caution people against all such, none being entitled to represent themselves as our pupils unless provided with a certificate of qualification and merit, signed by not less than two legally qualified medical practitioners, acting as examiners, and by the Instructor.

A. M. T. OSBALDISTONE,

Secretary.

